

WWW.TENNESSEE.GOV/TENNCARE/
TENNDERCARE

HELPFUL PHONE NUMBERS

**Family Assistance
Service Center**
1-866-311-4287

Doral Dental
1-888-233-5935

EAST TENNESSEE

Blue Care: 1-800-468-9698
or 1-800-999-1658 (after hours)
AmeriChoice: 1-800-690-1606
PHP: 1-800-747-0008

TennCare Select: 1-800-263-5479
or 1-800-999-1658 (after hours)

MIDDLE TENNESSEE

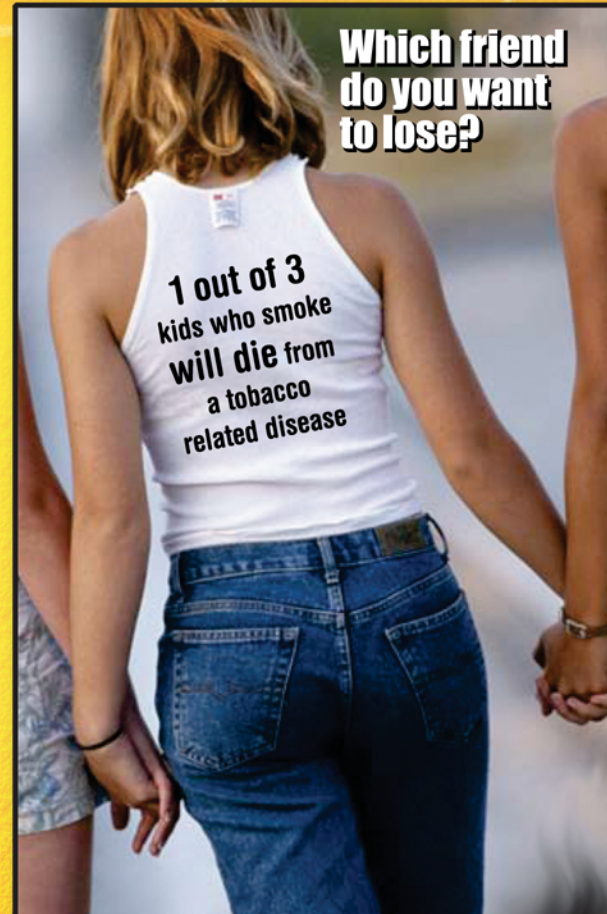
AmeriChoice 1-800-690-1606
Amerigroup 1-800-600-4441
TennCare Select: 1-800-263-5479
or 1-800-999-1658 (after hours)

WEST TENNESSEE

Unison: 1-800-414-9025
UAHC: 1-800-876-9758
TLC: 901-725-7100
or 1-800-473-6523
TennCare Select: 1-800-263-5479
or 1-800-999-1658 (after hours)

We do not allow unfair treatment in TennCare.
No one is treated in a different way because
of race, color, birthplace, language, sex, age,
religion or disability.

DON'T START!



1-800-QUIT NOW
1-800-784-8669



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YOUR CHECKUP.

The Early and Periodic Screening,
Diagnosis and Treatment
(EPSDT) Program



TENNDER CARE
✧ Check In ✧ Check Up ✧ Check Back

TENNESSEE'S EPSDT PROGRAM

GET YOUR CHECKUP EVERY YEAR!

CHECK IN!

Call today and make an appointment with your:

- Primary Care Provider (PCP)
- Local health department
- Dentist

Call your health plan if you need help making an appointment or if you need a ride!

CHECK UP!

- Write down your questions before you go to your Primary Care Provider
- Be on time for your appointment
- Tell your Primary Care Provider exactly what is going on with your body
- Checkups keep you healthy

CHECK BACK!

- See your Primary Care Provider every year
- Make your next appointment before you leave the office

How do you live a healthy life?

- Get your checkup every year
- See your dentist every 6 months

TEENAGERS SHOULD
GET THEIR FREE
CHECKUP EVERY YEAR
FROM 13 TO 20 YEARS
OF AGE.

A TENNderCARE CHECKUP
CAN TAKE THE PLACE OF
A SPORTS PHYSICAL.

YOUR CHECKUP WILL INCLUDE:

HEALTH
HISTORY



COMPLETE
PHYSICAL
EXAM



IMMUNIZATIONS



Advice On
How To
Keep
Healthy



VISION/HEARING
SCREENING



LAB TESTS
(as appropriate)



DEVELOPMENTAL
& BEHAVIORAL
SCREENING
(as appropriate)



During your checkup, ask about vaccines!

You may need catch-up vaccines due to new recommendations for teens!

IF YOU ARE 11 OR OLDER, ASK ABOUT THESE!

- Meningitis vaccine
- A booster shot for Tetanus, Diphtheria and Pertussis (whooping cough)
- HPV vaccine to prevent cervical cancer (just for girls)

ASK IF YOU NEED THESE, TOO!

- Hepatitis B vaccine
- A 2nd dose of Chickenpox vaccine

NEED MORE INFORMATION?

- Talk to your Primary Care Provider
- Contact your health department

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GO GET IT...
YOUR CHECKUP!

"Every child in Tennessee deserves to grow up healthy and happy. TENNderCare is the state's commitment to see that our children and teens have the best start at a healthy life."

- Phil Bredesen, Governor